

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Baked Ziti Casserole w/ Turkey Cauliflower & Broccoli Caesar Salad Banana Garlic Bread Milk	1 Roast Beef w/ Low Sodium Gravy Rice Pilaf French Style Green Beans Beet Salad Cantaloupe Whole Grain Bread Milk	2 Grape Juice Vegetable Soup Roast Pork w/ Apricot Sauce Butternut Baked Squash Peas Pears Whole Grain Bread Milk	3 Apple Juice Meatloaf w/ Spanish Sc Mashed Potato Corn 3 Bean Salad Yogurt Whole Grain Bread Milk	4 Roast Turkey, Gravy* & Cranberry Sc Whole Grain Stuffing Normandy Veggies Tossed Salad Strawberries or Honeydew Whole Grain Bread Milk
7 	8 Grape Juice Chicken Tostada Spanish Rice Black Beans* Lettuce/Tomato Fresh Orange Milk	9 Spinach Quiche Steamed Carrots w/ Bell Peppers Banana Whole Grain Roll Milk	10 Turkey Chili Fresh Sweet Potato Spinach Salad w/ Mandarin Oranges Watermelon Cubes Whole Wheat Roll Milk	11 Chicken Vegetable Soup Roast Pork w/Gravy* San Fran Veggies Peaches Whole Grain Bread Milk
14 Baked Fish w/ Spanish Sc Fresh Sweet Potato Normandy Veggies 3 Bean Salad Fruit Compote Whole Grain Bread Milk	15 Apple Juice BBQ Pork Sandwich Peas & Carrots Marinated Tomato Salad Pineapple Chunks Whole Grain Bun Milk	16 Chicken Tortilla Soup Beef Vegetable Plate Cilantro Lime Rice Black Beans Sautéed Red & Green Bell Peppers Mandarin Oranges Flour Tortilla Milk	17 Chicken Parmesan Spaghetti Broccoli Spears Kale Salad w/ Cranberries Peaches Garlic Bread Milk	18 Pineapple Juice Shepherds Pie Steamed Carrots Green Salad w/ Tomato Sugar Cookie Whole Grain Roll Milk
21 Beef Stir Fry Brown Rice Spinach Salad Fruit Cocktail Milk	22 Herb Roasted Chicken Baked Potato Steamed Carrots & Cauliflower Black Eyed Pea Salad Apple Whole Grain Bread Milk	23 Grape Juice Crispy Fish Taco's Pineapple Mango Salsa Spanish Rice Summer Squash Medley Coleslaw w/ Lime Vinaigrette Chocolate Brownie Shell or Tortilla Milk	24 Sliced Pork w/ Gravy Roasted Red Potatoes San Fran Veggies Beet Salad Sliced Pineapple Whole Grain Bread Milk	25 Chicken Vegetable Soup Crackers Greek Chicken Salad Fresh Orange Whole Grain Roll Milk
28 Baked Fish w/ Lemon Sc Parsley Noodles Peas & Carrots Coleslaw w/ Pineapple Banana Whole Grain Bread Milk	29 Cabbage Roll Mashed Potato Broccoli Fresh Spinach Salad Melon Medley Whole Grain Bread Milk	30 Orange Juice Roasted Pork Banana Squash Peas & Onions 4 Bean Salad Birthday Cake Whole Grain Bread Milk	1 Pineapple Juice Salisbury Steak Gravy* Baked Potato Red Cabbage Mixed Salad Greens Carrot Cake Whole Grain Bread Milk	2 Beef & Barley Soup Tuna Salad Beet Salad Mandarin Oranges Whole Grain Roll Milk